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Steady now

Steve Galea shares his threefold strategy for staying upright, on pages 2 and 3.

Sleep strategies

Tips from Point in Time to help you and your children settle in for the night, on page 4.

Get to know the Huskies

Learn more about West Guilford's own, forward Joe Boice, on page 8.

Coming around turn one

Ice racers take to the track at the Minden fairgrounds, where races have been held every weekend since February as part of the annual event organized by the Canadian Automobile Sport Clubs and Minden Kin Club. /Photo submitted by Dave Dennis

Watching your step in winter

STEVE GALEA
Special to *County Life*

This last winter storm caused me to think about the importance of watching your step when traversing the winter landscape. Actually, that thought occurred to me as I was sliding involuntarily down a slope in the opposite direction of where I wanted to go.

As anyone who has spent time in the outdoors knows, a new accumulation of snow can hide trip hazards or things we'd prefer not to step on or into. The wet muddy, margins of a pond – the kind that will pull a boot right off of you – immediately comes to mind.

Likewise, there's no need to tell anyone who lives in Haliburton County about how one unseen (or even duly noted) ice patch can quickly ruin your day. Three winters ago, I was limping for a month because of just such a patch.

When I was younger, I didn't give these things any thought. I'd just head on out into the winter landscape and deal with the slips, slides, and water in my boots. I won't suggest that I've got smarter since then because, well, that's debatable. But I will say that I finally arrived at the conclusion that it is easier to take precautions than it is to nurse an injury or endure a day with soaked socks.

It took a while but I've come to understand, winter rewards those who travel through it cautiously.

My strategy is threefold.

First, I ensure I have appropriate gear on hand for the conditions I'm in. Second, I constantly assess the risk associated with the terrain I'm in or about to enter into. Lastly, I know my limitations.

Appropriate gear

What defines appropriate gear when travelling on foot in the winter? Well, if I am walking out on the ice to go ice fishing, appropriate gear might include ice cleats affixed to my boots and/or, on rare occasion, a ski pole to help me keep my balance. Those two pieces of gear are equally important even when I am hiking on a well-packed trail, especially, if it is icy or if I suspect a new snowfall is covering icy ground. The good thing about most cleats is that they are easy to remove and small enough to fit in a pocket or daypack, if no longer required.

In deeper snow, off the beaten path, appropriate gear for me (a short-legged creature) is a pair of snowshoes – and these days a pole too. The pole helps me keep my balance and test snow ahead should I need to see what it is covering. When I take a fall, it can also help me get upright again. Obviously, snowshoes keep you higher up in the snow column and most modern models also have cleats to make hill climbing easier. But snowshoes are not just about ease of travel, they're also about safety. Moving through deep snow on snowshoes is less physically taxing. Your heart and other muscles do not overexert themselves as much when you are using them – and that gets more important as the years move on.

Assessing risk

It is also useful to assess risk whenever you come to any major changes in terrain or topography. For instance, if I am about to descend or ascend a slope, which is to say walk anywhere in the county, I stop and think about the best way to do it. I look for routes that are not too steep or icy, and I ask myself,

see page 3

THE ROYAL CANADIAN LEGION
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Due to the relaxation of COVID-19 rules, we are now able to resume holding our General Meetings as follows:

Wednesday March 2 at 7:30PM - update on Executive activities during COVID-19 rules (proof of vaccine required)

Wednesday April 6, 7:30 PM - Nominations for Officers and Executive

Wednesday May 4, 7:30PM - further nominations and elections

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The following inserts are being distributed with County Life this week:

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All inserts are to selected distribution areas.

For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

Slow down, stay safe, enjoy yourself

from page 2

"How bad is it going to be if I have to retrace my steps?"

Similarly, if I have to cross a frozen lake or pond, I'll evaluate the ice, if I have any doubts about thickness. Even if I am certain it is safe, I'll loosen my snowshoe harnesses so I can kick them off in the event of a breakthrough and also watch the route ahead for any indications of questionable ice. In addition, I'll avoid inflows, outflows, or places where there is a hole in the ice, perhaps because of an underwater spring.

In the woods, if I enter an area strewn with blown down trees, I look for easier, less taxing routes.

The point is, I am always keeping an eye out for the best and safest options in the terrain ahead of me. It might not always be the short cut, but often it is the quicker route.

Know your limitations

I know a person who once worked in an emergency room. She told me that in winter, prior to COVID, a disproportionate number of visitors she interacted with were middle-aged men who forgot that they weren't 21 anymore. I took that to heart.

You should know your current physical limitations and work well within them. If you are at the base of the steepest slope of "Heart Attack Hill," you ought to ask yourself if you and your heart are fit enough to tackle it. If not, find a more doable route. Likewise, if you are planning to a do a long snowshoeing circuit or pull an ice fishing sled to the far end of a big lake, don't even try if you have any doubt that your level of fitness is up for the task. These common-sense assessments will save you a lot of discomfort and injury.

Remember, there is no rush and you're out there to enjoy yourself.

So head outside with the right gear, and within your physical means, using sound judgment and you'll spend more time outside enjoying winter. And that is definitely a step in the right direction.

Mac Ellis checking his gear before heading out on the trails. /Photo by Steve Galea

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Biohacking insomnia for a better sleep

AMANDA DUNCOMBE-LEE & JOELLE HILL
Special to *County Life*

Is staring at the ceiling at 3 a.m. becoming a familiar pattern in your life? If you have had increased periods of insomnia or poor sleeping patterns since the pandemic started, you are not alone.

Pre-pandemic, it's been estimated that about 24 per cent of people experienced sleep maintenance insomnia, or difficulty staying asleep. During the pandemic, that number jumped to 40 per cent. Many people may not experience persistent insomnia but experience changes to sleep patterns and quality of sleep.

It is normal to have a bad night of sleep when something is on our minds, or we're experiencing an illness, or a big life change. But when the pain goes away or the stress is resolved, we usually settle into the new situation. Chronic sleep issues are persistent and are less likely to go away on their own after three months.

According to the Sleep Foundation, pandemic-induced insomnia even has a trendy new name: coronasomnia, or an increase in sleep problems during the pandemic, as well as symptoms of anxiety, depression, and stress.

Signs that you may not be getting enough sleep include slowed thinking, reduced attention span, worsened memory, poor or risky decision making, lack of energy, and mood swings.

Although it's a condition many of us share right now, it's important not to get complacent when experiencing sleep deprivation. Chronic sleep deprivation can affect nearly every system in the body, and for groups who already have higher risk of poor sleep, such as healthcare workers, disturbed sleep can put them at even higher risk of poor health outcomes.

The Sleep Foundation recommends several strategies to help with better sleep, including:

- Sticking to a regular sleep schedule – setting regular bedtimes and wake times
- Avoiding naps lasting more than 20-30 minutes.
- Getting sunlight during the day to reset circadian rhythms
- Making your bedroom dark, quiet and cool
- Minimizing alcohol consumption
- Limiting caffeine intake
- Trying to avoid the news close to bedtime
- Eating dinner early and snacking lightly at night

But everyone's body and experiences are unique, and it may be that there are some strategies that you know are unique to you, that perhaps are just tough to focus on right now.

Staff at Point in Time Centre for Children, Youth and Parents recommend mindfulness exercises to help with sleep. Meditation is not just sitting still and being quiet for long periods. Body Scan meditations, for example, can guide you to focus on parts of your body. "Focus on your breath" meditation allows you to attach your breath to movements.

Sleep problems have not just been a challenge for adults. There are many reasons why your child may be suffering from sleep disruption, including:

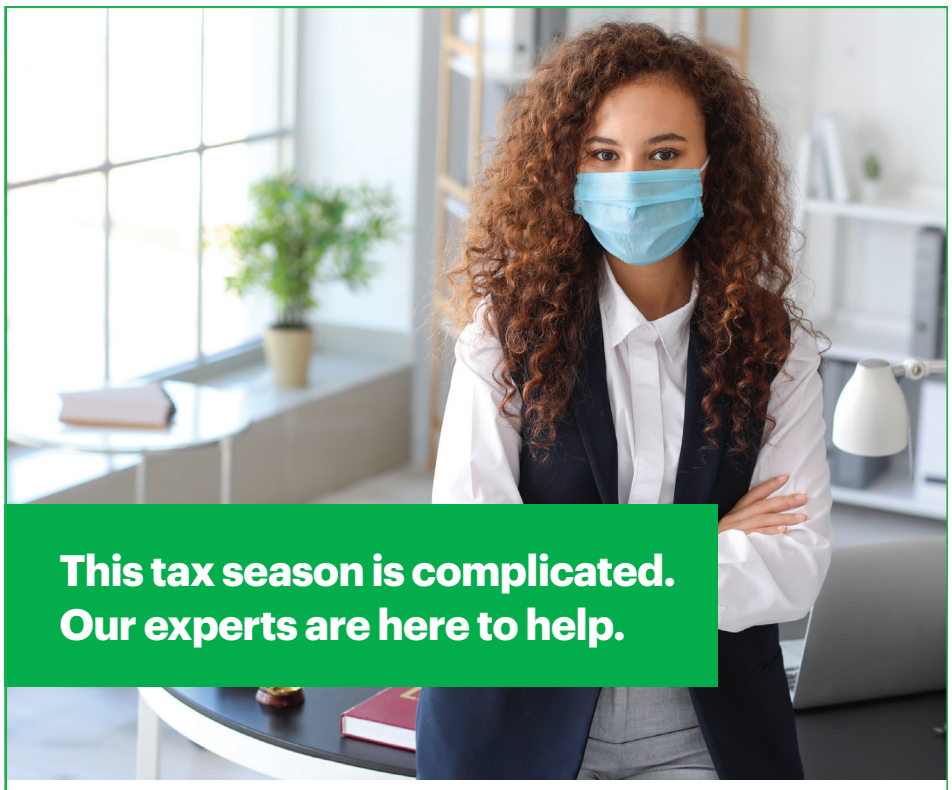
- Stress – Despite our best efforts, the pandemic has impacted our children's mental health. There have been multiple changes in how school has been delivered in the past two years, with impacts to learning style, managing from home, keeping up with rapidly changing protocols, and reduced socialization. Uncertainty takes its toll. Will they be going back to school after a holiday? Technology doesn't always work how we want it to, and we don't have equal or access to it. It takes time to adjust each time a change happens. Worries and anxieties are causing an increase in nightmares and difficulties with falling asleep.
- Movement – Physical activity is a factor in the rise in sleep difficulties. Most organized activities have been cancelled. Children are indoors more in the winter and at home more, sometimes isolated, and often in front of screens. Lack of activity makes it hard for sleep pressure to build up for a better and longer sleep.
- Naps – A short nap can be a great energy refresher, but if it lasts more than 30 minutes or extends beyond 4 p.m., it could interfere with nighttime sleep.

You can help your child sleep better by:

- Validating feelings. Empathize with their fears. It's okay to have unpleasant feelings. Offering validation and reassurance and "fact-checking" can help them sort out make-believe vs. reality.
- Ensuring your child gets a minimum of 60 minutes of exercise per day. Exercise and sleep patterns are directly correlated.
- Sticking to a consistent bedtime routine and schedule. We are creatures of habit. A wind down time before bed helps to prepare for the transition to sleep. When possible, try to wake up and sleep the same time each day, and establish predictable daily routines throughout the day.
- Connecting at bedtime. Be present for your child during the day and at bedtime, trying not to multi-task or rush the routine. It can be hard to leave your most cherished people and make the transition to being alone. Slipping a book under their pillow or finding a place to "meet in your dreams" helps your child to stay connected during the night.
- Having a place or object for your child to draw or write their worries so they can be externalized from themselves as they try to fall asleep.

You can arrange a sleep consultation with Point in Time staff for individualized sleep support. Phone 705-457-5345 or email info@pointintime.ca.

Point in Time Centre for Children, Youth and Parents



From the Canada Recovery Benefit (CRB) to all other federal and provincial relief measures, our Tax Experts are here to help make things simple. We'll walk you through all 2021 tax changes and answer any questions you have about how COVID-19 benefits might affect your taxes this year.

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Branch 129 Haliburton

Tuesday night: Dart League starting at 7 p.m.

Wednesdays: Bingo doors open at 5 p.m.
Bingo starts at 7 p.m. with a $500 jackpot.

Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend. Ladies Auxiliary last Thursday of the month at 1 p.m.

Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Six tickets for $2 per draw. Ed Pickard, MC. Friday fun darts from 4:30 p.m. and onwards.

Saturdays: 4 p.m. draw – tickets are $1 each available from 2 p.m. and onwards.

Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcl129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!

*** New club room hours:**
Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/ Thurs. 3 to 6 p.m . Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

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Essential kindness

Rotaract - Haliburton Highlands member Vivian Collings collects items to include in an Essential Item Box on Wednesday, Feb. 16 at the *Haliburton County Echo* office in Haliburton. The Essential Item Box program provides food and hygenic products and is open to anyone. It started as relief packages in 2020 to try and help those heavily impacted by the pandemic. Boxes are personalized for each family or individuals. Funding for the boxes is possible through community donors.Those interested or know someone who could benefit contact haliburtonrotaract@gmail.com for more details about receiving or picking up at designated locations./DARREN LUM Staff

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County Life is produced by The Haliburton County Echo and Minden Times, and published by White Pine Media Corp.

Audited circulation: 6,372 July 1 - Dec 31, 2015

Face the strange

IN THE WORDS of the late and very great David Bowie, "ch-ch-ch-ch-changes, turn and face the strange."

With wacky weather over the past few days, there's been some changes. Changes to our views, our wintery conditions, our ability to take our dog for a walk without risking a broken hip. I think we can all feel it; the shift from one season to another.

Anyone who has lived in Haliburton County knows this season affectionately as "Fool's Spring." The longer days and warming rays give us some semblance of hope for warmer days ahead, but we all know there will be approximately four to seven major blizzards between now and the May Long Weekend.

EMILY STONEHOUSE
Special to County Life

While we know that this isn't the "real" spring season yet, we cannot deny the shift. The way the sun hits our faces just a bit warmer. The way the birds start chirping just a bit earlier. The way that melting snow smell lingers just a bit longer.

Like any change, we, as humans, can feel it. It may be a feeling that is connected to our primal instinct; preparing for a change and feeling hopeful for what is to come. While some may feel restless, others are finally feeling settled, while some are looking for something new, others are pouring a whole new side of themselves into something that previously felt done.

Winter has historically been a time for rest. This was not a concept I had previously explored, and it was not until I entered my early 30's that I began to lean into the concept of rest. As humans, we need sunlight, water, and positive affirmations from those we love. As several memes on the internet have pointed out, we are essentially house plants with anxiety. That checks out.

As a living and breathing entity, we need rest. In our whirling and wondrous world, the concept of rest is often overlooked. For millennial culture in particular, terms like "hustle," "mind on the grind" and "crushing goals" are sayings we get on our coffee mugs, calendars, and low-key inspirational Post-It notes.

It is instilled in us to "sleep when we are dead." In our millennial world, we even have terms like "errand paralysis," for those situations where we have so much to do that we simply cannot do it, so we do nothing at all. Sound familiar? We are affectionately (or maybe not) known as the "Burnout Generation." A generation of people conditioned to be people-pleasers, who learned how to work online swiftly and effectively, and who never really lived in a standard 9-to-5 world.

We grew up differently. Like any generation, these anxieties define our world. The good news is that because we have the innate ability to use the internet, we can identify these problems. We can understand the root causes, recognize the challenges, and have access to phone numbers and resources that provide support along the way.

We need to learn how to rest. We need to learn how to say "no." We need to learn how to not carry guilt, shame, and work-weight into our days. We need to take the time to take up our own space.

As the seasons shift and hints of a new season take form, make this season about you. Make it about setting boundaries, establishing your needs, and fighting for you. You are allowed to rest. You are allowed to take up space. You are allowed to breathe. You are allowed to pick up a hobby that's not about a hustle, a craft that's not about a credit. Find your joy, and pour yourself into it.

The world has been complicated. Social media is messy. Life seems uncertain. You're not alone in those thoughts. Yet with the longer days and warmer rays, we are turning a new leaf. Hibernation is ending; it's a fresh start, a new beginning, for you. Turn and face the strange.

Top 10 reasons people brush their dog's teeth

DOG OWNERSHIP has become much more sophisticated since I was a kid. Owners look after their well-being much more seriously these days, which is good. Some people actually brush their dog's teeth. Here are the top 10 reasons as far as I can tell.

STEVE GALEA
Humour Columnist

1. They're not fans of flossing either.
2. So you won't be embarrassed when they bare their teeth at a stranger.
3. The dog's dentist told you so.
4. To teach them for getting into the pickled beets.
5. Roommate's toothbrush was not being used.
6. Eliminates butt breath.
7. You really can't count on a puppy to do it.
8. Dog dentures are far too expensive.
9. To get all the sock pieces out from between their teeth.
10. You sampled the dog dental snacks and you're no longer sharing.

Breath

River of Breath, frozen in my chest,
shards of the ice prickling its flow,
as I stare out the window at the square of Sky and Snow,
longing to walk beneath the blaze of blue Sky,
to inhale Wind and gawk up at the trees,
the birches, stripped bare to the bones of their spines,
the branches of pines sagging beneath the weight of Snow,
the old willow's tresses, drooping like string,
gleaming golden in the afternoon light,
veins of blue shadow bleeding across Snow,
as I stare out the window,
drinking in the view, as if it were a painting,
splashes of light, strokes of shadow,
as I feel the weight of Snow pressing on my chest,
squeezing my Breath, as I sit and rest,
waiting and waiting, for the illness to lift,
for this virus to release my Breath from its grip,
as I stare out the window,
wondering whether earth feels claustrophobic as it sleep's beneath heaps of Snow.
I sit and watch the painting change,
blue shadow flooding Snow, as light ignites the horizon,
and I long to walk beneath the canopy of Sky,
inhale long, deep swigs of Wind,
as I listen to my footsteps crunch through Snow,
yearning to be a part of it all,
as I sit and stare out the window at the deepening quiet of Sky and Snow,
shards of ice prickling my Breath as it breathes,
waiting for a reprieve.

Sylvie Kalenda

Alistair Keenan, Deborah's six-year-old grandson. He and his sister Eloise plan and build a giant snow-fort with their parents in our Haliburton backyard every Family Day weekend. /Submitted by Deborah Reed

The snow fort

by Deborah J Reed

Family Day just ended
Four have driven home
Yard's an empty playfield
Dents like honeycomb

Tiny footprints circled
Shovels flew like rocks
Digging, filling blue tubs
Upside down snow blocks

With long rampart finished
Slides and seats then formed
Tunnels carved for portals
Bonfire kept all warmed

Boiling maple syrup
Poured upon a drift
Stiffened into candy
From old trees, a gift

Cheeks bloomed red as apples
Balls of ice for mitts
Noses chapped and dripping
Childhood laughing fits

But the yard's now silent
Logs have cooled to coal
Resonance of weekend
Hums in nana's soul

Community Events

Send your event listing to
Pat Lewis at classifieds@haliburtonpress.com

Canadian Federation of University Women

Are you tired of COVID and feeling isolated? Join CFUW. We are a not-for-profit women's advocacy organization where, irregardless of educational background, you can be involved in our community. Our local focus is on socializing with other women through our various interest groups and monthly series of stimulating speakers and events. Some of our fun interest groups include cuisine, bridge, book club, hiking, lunch 'n learn (crafts) , euchre and many more. Please go to our website for more info-cfuwhh.ca or contact phewittosborne@gmail.com.

Women of the Word

A non-denominational women's bible study.
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What: Three study options available; 1. Genesis chapters three to 11, 2. First, Second and Third John, 3. A topical study by Drew Hunter, "Made for Friendship." In person or online via Zoom. COVID regulations apply. Free childcare dependent upon resources. Cost $35 plus book – financial assistance available. Contact 705-457-2851 to register or for more information: www.mylakeside.ca.

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Get to know the Huskies: Joe Boice

ALEX GALLACHER
Special to *County Life*

One of only two local players on the Huskies roster is West Guilford's own Joe Boice. The forward has made quite a name for himself as an agitator who isn't afraid to stir the pot and get under the other team's skin during games. Taking a more aggressive style of play, Boice enters his first full season in the OJHL after playing a handful of games for Whitby back in 2019-20.

Boice is a player that everyone loves to have on their team, but nobody wants to play against. His aggressive playing style has suited him as an agitator, similar to a Brad Marchand he has been a hit with the home fans and a villain to the visiting fans.

"If we had to play against Joe it would be a pain in the butt," said Huskies goalie Christian Cicigoi. "He is a great guy to have on our team and no matter how many minutes he plays he always gives it his all. He has that grit to him and the locker room loves him, everyone would go to battle for him. He brings so much to the team, and despite being one of the younger guys he is definitely a leader."

Starting his career playing locally, Boice moved to Lindsay in order to pursue hockey. He greaduated to the Whitby Fury at the age of 16, and moved with the team upon relocation to Haliburton. Getting the experience was a big deal for Boice who every game has seen steady improvement.

Caledon Admirals forward Liam Kennedy is bowled over by Haliburton County Huskies forward Joe Boice during Ontario Junior Hockey League action on Tuesday, Feb. 15 at the S.G. Nesbitt Memorial Arena in Minden. Boice, who is a former Highland Storm and Red Hawks player, has served the role as agitator, delivering big hits and getting under the skin of opponents. /FILE DARREN LUM Staff

"I started out playing up here," Boice said. "I moved up to Lindsay to keep playing then I tried out in Whitby and was an AP when I was 16. I signed with them when I was 17 and then the team moved here so it's been good."

Being from the area, Boice's family has been able to come to almost all of the games this season. Similar to his fellow countyman Ryan Hall, having his family in the stands serves as an extra level of support on ice.

Since joining the Huskies, he has been given the opportunity to do something he never did much of in Whitby: win. The Huskies currently sit at second in the East Division, with a seven point deficit to the first place Trenton Golden Hawks. The Huskies have been stringing together an impressive collections of wins, with two straight against the division leading Golden Hawks.

For Boice, he doesn't care how the team wins he just loves winning.

"My family comes to most of the games," added Boice. "Playing in front of them is great, it's also been great because I love to win. We've won a lot of games this season and it's good."

Boice can be called one of the Huskies' Icemen, a guy cool, calm and unbothered during times of conflict. Each game Boice gives it his all, and last weekend he scored his first OJHL goal, with an assist from Hall. Prior to that happening, Boice said he wasn't too worried about it as his bigger role in the teams' overall success is much more important.

Being a team player is important to Boice, and it helps energize the fans that come out each night.

"It's fun to play in front of all those people in the crowd, it definitely makes it easier." Boice said. "But in terms of my first goal, I'm not too worried about it. It's not what I'm out there to do so I don't stress about it."

The Huskies have grown together a lot since coming together this season, and despite not being a billeted player Boice still has good relationships with many of the Huskies players. Guys like Isaac Sooklal and Jack Staniland have been long time teammates of Boice from both the Fury and his time in Brooklin, so it was pretty easy to adjust when a lot of the guys are well known. The most important thing pregame to Boice is to get a good warm up in. Being prepared mentally for a game in important, as it can sent the tone for what's to come.

As the season progresses look for most visiting teams in Haliburton County to have a separate page in their game plan to deal with Iceman himself, the Huskies agitator: Joe Boice.

HALIBURTON COUNTY HUSKIES

WWW.HUSKIESHOCKEY.CA

Tickets are now available for purchase 1 hour prior to puck drop at the door.

March 8 @ 7:30 PM
vs North York Rangers

March 12 @ 4:30 PM
vs Lindsay Muskies

March 18 @ 7:30 PM
vs Mississauga Chargers

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we support our economy and county,
but also our friends and neighbours.
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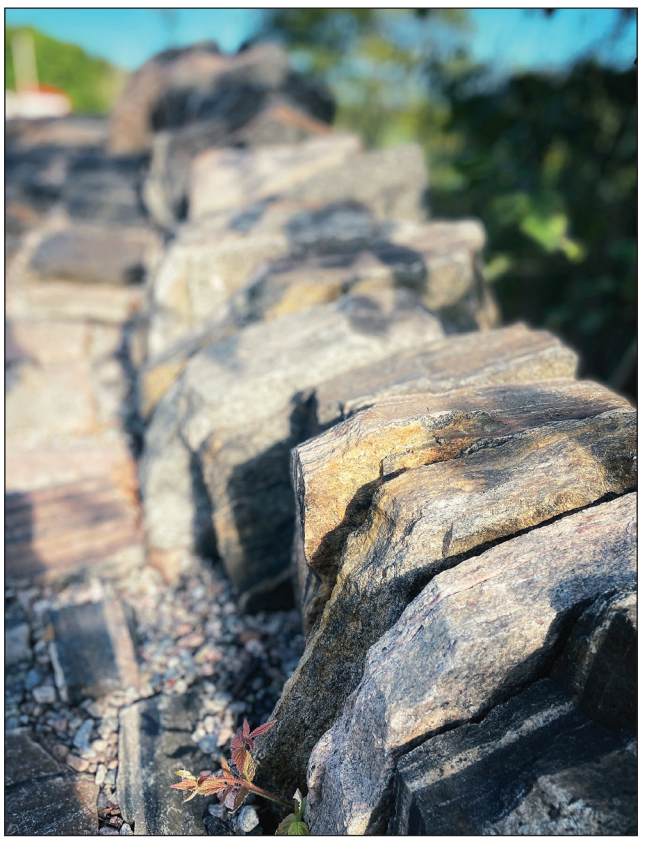
Local Landmark Mystery

The following are images of a local landmark. Try to guess what the landmark is and look for the reveal in next week's *County Life*. Concept and images from Thom Lambert, who shares informative posts about things to see and do in the Highlands through @myhaliburtonhighlands on Instagram. /Submitted by Thom Lambert



Local Landmark reveal: The Swimmer Girl along the Minden Riverwalk. One of several wooden sculptures along the Riverwalk, the Swimmer Girl stands guard over the many children and their families that swim and float the Gull River right through the village of Minden, often on their way to the iconic River Cone. Carved by Johnathon Hagarty, the Swimmer Girl is the quintessential summer swimmer, complete with a small fish that somehow made it's way inside her mask, fins on the feet, and a towel for drying off. She is poised to explore the water the way that countless children have done over the years in the lakes and streams of the Haliburton Highlands. Reprinted with permission from Thom Lambert, who regularly posts to Instagram on myhaliburtonhighands for the County of Haliburton Tourism. /Photo submitted by Thom Lambert

FoodCycler pilot project

Participate in a home composting pilot project!

About the FoodCycler

The FoodCycler uses electricity to quickly compost food waste (fruit cores, vegetable peels, dairy, chicken bones, and more) into a finished compost product. The FoodCycler is approximately the size of a bread making machine, and can hold up to 1 kg of food waste. Using electricity, the device dries and grinds food waste into a dry, odourless, nutrient-dense by-product which can be used as a fertilizer.

About the pilot project

The FoodCycler pilot project will measure the feasibility of in-home composting of food waste to help protect the environment.

The pilot project is 12-weeks in length (April 10 to July 2, 2022.) Participants will purchase the FoodCycler from the Municipality of Dysart et al for $169.50 ($150.00 plus $19.50 HST). Participants will complete online surveys and online weekly logs.

Register to participate

One hundred Dysart households are needed to participate. Participants must be a permanent or seasonal resident in the Municipality of Dysart et al.

Register to participate at **www.dysartetal.ca/foodcycler** by March 31, 2022.

Municipality of Dysart et al

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www.dysartetal.ca
705-457-1740

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email darren@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

Tammy Nash captured this beautirful bull moose.

The keen eye of area photographer Tammy Nash photographed this chickadee sitting on a log.

Area photographer Tammy Nash captured this pine marten as it looks back.

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The preferred candidate will possess the following:

- Knowledge of or interest in municipal government, in addition to general news
- Firm command of spelling, grammar and Canadian Press style
- Demonstrated photography and photo editing skills
- Ability to juggle numerous assignments while meeting multiple deadlines
- Must reside in Haliburton County
- Must have access to a vehicle and a valid driver's licence
- Required to be fully vaccinated against COVID-19

Interested candidates should forward their resume with writing and photography samples to Editors, Darren Lum or Sue Tiffin
by **Friday March 11, 2022**
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County Life

THE ECHO HALIBURTON COUNTY

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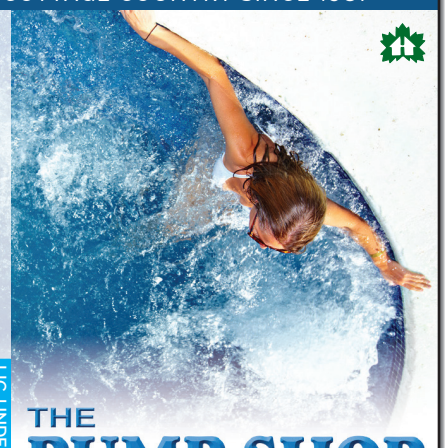
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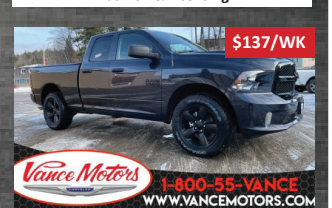

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INSIDE THIS WEEK:

SPOT THE SHOT
You know that summer's over when County Life's contest comes to a close

911 AT THE GATE
County works out how to number properties on gated roads and with water access

OUT OF AFRICA
Rick and Nada Vaughan describe efforts to help poor villagers in South Africa

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HALIBURTON COUNTY

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Tuesday, March 11, 2003
Vol. 120 No .13
$1 including GST

DARREN LUM/Echo

Highlands high

Given how much snow there is, Sir Sam's Ski Area will be a busy place this March Break, which got off to an exciting start on Saturday with a snowboarding competition. Results are in this week's sports section.

121 proposal hopes to lure major retailers to Haliburton

SHERYL LOUCKS
Staff Reporter

Haliburton village's newest proposed commercial development, a retail plaza on Highway 121 near Country Rose, is not going to be a box store like Walmart, but developer Philip Otis remained vague at a recent public meeting about what the approximately $10-million development will be.

Even the amount is vague. Otis has submitted to council a draft of what a parking lot and a 64,000 square foot, three-unit building might look like, and could cost up to $10 million to build, but he also made it clear that the development may be considerably smaller or consist of smaller units rather than three large ones.

Otis and his brother Brian are partners in Otis Group of Companies based in Toronto. He says they have done developments in Barry, Huntsville, Bracebridge and are working on a large project in Gravenhurst. At a public meeting on March 3, he told a crowd of approximately 40 people packed into Dysart's council chambers that Otis Group has won design awards for their efforts to create buildings that fit "seamlessly" into the surrounding town. In this case the nine and half acres the Otis Group plans on purchasing, conditional to the approval of rezoning from residential to commercial, is in an established residential area across from Grass Lake.

He says that creating retail/commercial space along 121 will not hurt the downtown as some people at the meeting suggested

See **Developer** *page 6*

Echo editor among local Jubilee Medal recipients

SHERYL LOUCKS
Staff Reporter

The blush went to the roots of her hair as Martha Perkins, managing editor of the *Haliburton County Echo* and the *Minden Times*, accepted a Queen's Golden Jubilee Medal from MPP Chris Hodgson.

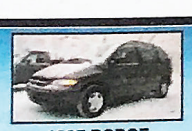
Only 46,000 medals have been awarded to Canadians in commemoration of the 50th anniversary of Queen Elizabeth's reign. The medals are given to those who make significant contributions to their community, volunteer tirelessly or have honourably represented Canada.

In a ceremony in Lindsay last month, four individuals from Haliburton County received the medal: Hilda Clark, Perkins, Margaret Risk and Len Salvatori.

Last year, Perkins edited stories about locals receiving the medal and yet, when it came her turn to sit quietly with her hands in her lap instead of

See **Recipients** *page 4*

DRIVE HOME A GREAT DEAL FROM


1997 DODGE CARAVAN
Stock #02-133B 4dr, auto, AM/FM/CD, air cond, one owner
$7,900.

99 PLYMOUTH GRAND VOYAGEUR
Stock #03-67A, pl, pw, cruise tilt, 4 door, air, low kilometers
$16,500.

1999 JEEP CHEROKEE
Stock #1985, 6 cyl, pw, pdl,pm, cruise, tilt, am/fm/cass, only 72,000kms
$17,500.

1998 PLYMOUTH VOYAGER
Stk# 02-180, V6, auto, air, 7 pass, am/fm/cass, only 77,000kms
$12,800.

2000 JEEP CHEROKEE SPORT
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FEATURE

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"It may feel like Haliburton has become Ontario's fastest growing region overnight, but with over 33 years of experience here, I can assure you it's always been where people feel at home."

- Linda Baumgartner | Broker + Owner

KUSHOG LAKE $1,295,000

This fantastic waterfront home or cottage is waiting for the next chapter to be written. Lovingly owned and cared for by the original owners for the past 45 years. Boasting over 100 feet of rock and sand shoreline, enjoy your days by the water on the expansive lake side deck or on the dock.

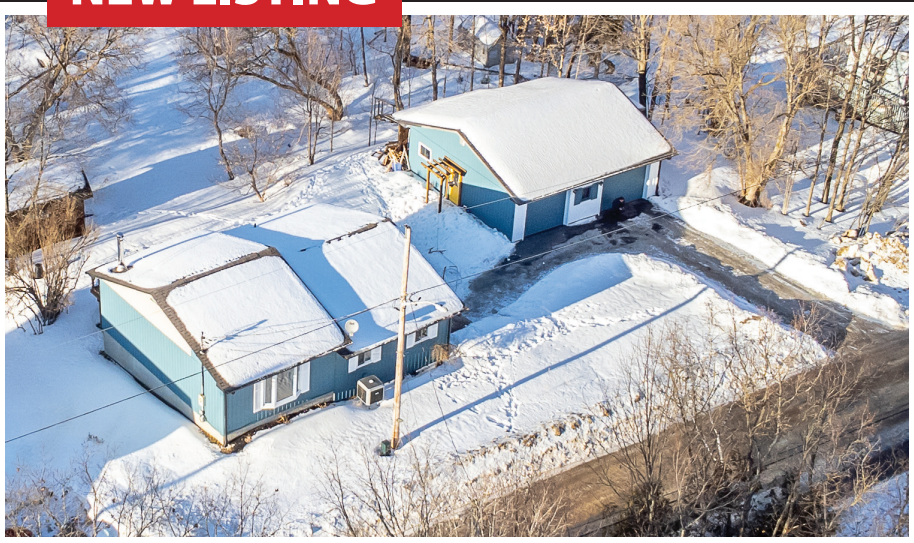
Being sold furnished and move in ready – **including the pontoon boat!**

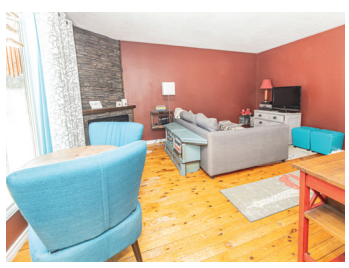
KAWAGAMA LAKE $279,000

Stunning south views across the lake. This property has a fantastic shoreline of mixed sand/gravel gradual entry to the water. Hydro is at the lot line and there is good cell service. This is easily accessible from either marina on the lake. Enjoy this affordable lot in the summer while you make your plans for your new cottage. Great fishing year-round and fantastic snowmobiling in the winter.

NEW LISTING

IN THE HEART OF HALIBURTON $444,900





If you're looking for a great in-town home, you've found it here. Just half a kilometre up the road from the village of Haliburton.

Fantastic walking distance to amenities, and surrounded by nature – including the local herd of deer that frequent the property.

This home has a split-level layout giving it an appealing openness. It has recently undergone significant improvements, including new roof, new heat pump and heating and cooling system, new bay window, updated kitchen with new flooring and much more.

Move in now and you'll be all ready to take in the warm weather, and all that Haliburton has to offer.

3 X | 2.5 X | .54 ACRES

HALIBURTON LAKE $1,695,000

NEW LISTING

Year-round waterfront home or cottage located on one of the most desirable lakes in Haliburton County. This bright and immaculate property is just what you've been waiting for. The bungalow provides single floor living with the primary bedroom featuring a walk-in closet and 3 piece ensuite bathroom. Great for all ages.

Enjoy the big lake views through the large picture windows in the living room, or curl up with a book in the 3 season sunroom while surrounded by the relaxing sounds of nature. Situated on a level 1.37 acre lot with a beautiful sand beach that the whole family will love. If you didn't think this spot could get much better there is also a double detached garage, an ideal place to store all of your toys.

Don't wait – life is better by the lake.

3 X | 2 X | 104' FRONTAGE | 1.37 ACRES

Linda Baumgartner - Broker | Owner

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